

### Lomita PTA Christmas Meeting Set

The Christmas meeting of the Lomita Elementary PTA will be held Thursday, Dec. 18, at 7:30 p.m. in the school auditorium.

Using the theme "Developing—Spiritual Growth," Mrs. Frank McLunas, program chairman, will present a school program entitled "The Christmas Spirit" and will also introduce the Lomita Men's Chorus in a medley of Christmas carols.

Hostesses for the meeting will be mothers of the third grade students.

### Gibson to Seek Re-election to Council Post

Los Angeles City Councilman John S. Gibson announced this week that he would seek re-election to his post in municipal balloting to be conducted Apr. 7.

Gibson was elected for a two-year term early in 1950 to represent the 15th Council District which includes San Pedro, the Shoestring Strip adjacent to Torrance, an area to the north of the Shoestring. He defeated incumbent George Moore of Wilmington.

## Chamber Warns Area To Check Racketeers

Not all of the strange characters which show up around the Christmas season turn out to be Santa Claus, the Chamber of Commerce warned Torrance area residents this week.

The Better Business Bureau of the Torrance Chamber of Commerce issued a warning yesterday to residents of the area that the spirit of St. Nick has a tendency to develop a weak sales resistance in many persons thus making them a special target for petty racketeers, cheap crooks, and non-legitimate solicitors.

### PTA Carnival Rated Success

The gala pre-Thanksgiving carnival sponsored by the Lomita Elementary PTA in the school patio proved a smashing success, according to Mrs. Harold Jack, president of the group.

"The event was a success in spite of high winds and rain during the evening," she said.

At a meeting of the executive board held yesterday morning, it was announced by Mrs. Al Strange, treasurer, that the PTA netted \$373.40 at the fund raising event. Half of the proceeds will be presented to the school, the balance will be used to defray current PTA expenses, Mrs. Strange reported.

Mrs. Jack expressed special thanks to the executive board members and room mothers of the school for their work and cooperation during the preparation and presentation of the carnival.

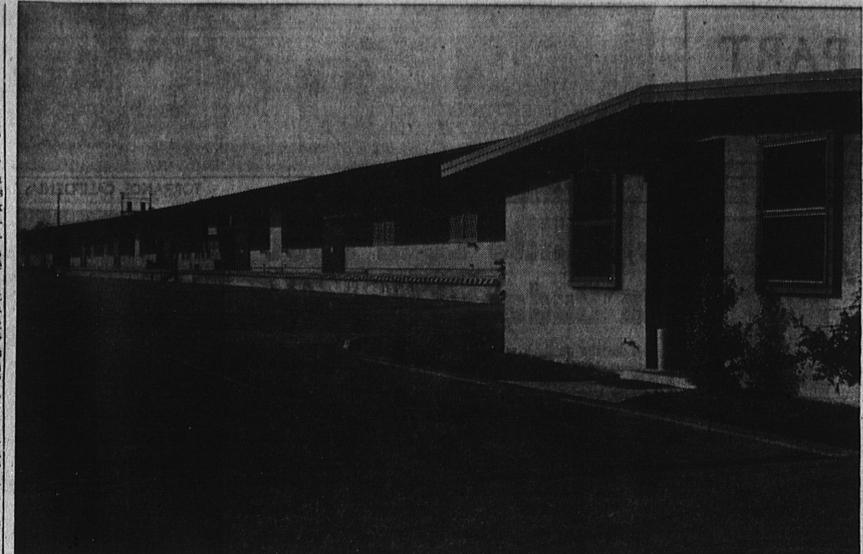
### Normont PTA Over Top In Chest Campaign

Normont School Parent Teachers Association netted better than 200 per cent of the \$75 quota, as a total of \$153.78 was submitted to the San Pedro headquarters, Mrs. Haru Fujimoto, publicity chairman, said yesterday.

Meanwhile, a bake sale conducted to raise funds netted \$28.41 for the association's annual Christmas baskets for the needy. The sale was held Nov. 12 at a Dad's Night under the direction of Mrs. Lorna Miller.

Mrs. A. L. Marquardt, chairman of the membership drive, reported 153 parents, including 23 fathers, were on the roster for 1952-53.

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Torrance 444



HEADQUARTERS OF THE NAVAL SUPPLY DEPOT ... Will Celebrate 10th Anniversary on Dec. 15

### Popular Coffee Klatch Defended As Necessary by Health Officer

By ROY O. GILBERT, M. D.  
Los Angeles County Health Officer

In recent years a rather interesting and pleasant custom has established itself in the life of almost every American who works for a living, and for that matter, many who do not.

In every day slang this custom is referred to as the coffee klatch; officially it is most often designated as the ten-minute break. Some of the more serious-minded, who perhaps in order to cover up a feeling of guilt that the world's great work has come to a momentary halt, have dignified this welcome respite from the day's toil as nutrition hour. The word, hour, doesn't mean, of course, that anyone is expected to take nearly that long for a "breather" on company time.

Although the coffee klatch is thought of primarily in terms of its pleasant social aspects, many of the more conscientious will feel better to know that its existence is actually based on sound reasons of better health and increased efficiency in production, especially so in work which is monotonous or repetitive.

**Production Upped**

Studies in industry show that short rest pauses during the middle of the morning and afternoon have a tendency to increase production despite the amount of time lost. One study revealed that there was a 6.2 per cent increase in work output after a seven to 10 minute pause during the morning.

Another study was made on girls employed in a labeling operation. After establishing a 10-minute morning break in which the girls were encouraged to have tea or cocoa and some food, their rate of production was recorded for an eight-month period. Their efficiency increased until their hourly rate of production was 13 per cent greater than in the pre-rest period.

It is generally admitted that very few workers continue uninterrupted at work throughout the entire day. They will take a rest even if there is no official time set aside. However, it has been noted that if a work pause is sanctioned by authority, the worker is able to relax completely with no feeling that he is loafing on the job, and he will also take on nourishment.

**Slumps Noted**

The importance of food during rest periods was first documented in a time study analysis of production jobs during the last war. There was found to be a consistent slump in production in the middle of the morning and the middle of the afternoon. Carefully controlled experiments have proved that these slumps can be most adequately controlled by the administration of one gram of carbohydrate.

Thus the person who takes on sugars or starches during the coffee klatch can at least argue from a scientific basis, that although he may not be practicing good weight control, he is increasing his production efficiency.

Another survey, although made on the subject of industrial nutrition in general, has a bearing on the intake of food during rest periods. In 1943 the employees were studied. A breakdown of the meals showed that only 60 per cent ate an adequate breakfast but that almost 70 per cent did much better at lunch. This would indicate that for some people mid-morning nutrition might possibly be more important than an afternoon snack. This study also recorded that more than 90 per cent ate an adequate dinner which could be used as an argument that evening refreshments are much less necessary than those taken on during the working hours of the day.

It seems that there is always someone around to take away from the pleasures of television. Maybe we should forget that we ever heard of such a disappointing study.

**\$18, Check, Lost**

Pauline Lee, 716 N. Irene, Redondo Beach, reported to Torrance police Monday night that her wallet, containing \$18 in currency and a \$103 payroll check, had been lost while she was at the Halfway House on Highway 101 between 9 and 10:30 o'clock.

### Naval Supply Depot to Celebrate Its 10th Anniversary on Dec. 15

The Naval Supply Depot, San Pedro, with its Torrance Annex, will be 10 years old on the 15th of December. Depot employees and officers will gather, on that date, to take part in a noon hour 10th anniversary program.

Capt. A. R. Kline, commanding officer, will introduce invited civilian and military guests, prior to the cake-cutting ceremony. Twenty-six employees who were working at the depot on its first birthday will be presented service mementos. These awards will be in the form of plaques, representing the original framework for the plant's conversion to a full-fledged supply depot in 1942.

The depot had its beginning in 1923 as a Navy freight office. With expansion occurring at the outbreak of World War II it was redesignated as a disbursing and transportation office, and on Dec. 15, 1942 was formally established as a Navy supply depot.

**Mission Told**

Its current mission is to give full support to naval activities, active and reserve fleets and vessels, and to Coast Guard activities in the 11th Naval District north of the Fallbrook line, less the Long Beach Naval Shipyard.

During the past year the Torrance Annex of the depot has acquired four new storage buildings, and new cold storage buildings have been constructed and are under construction to take care of the increase in fresh meat and food products handled by the depot.

An invitational buffet luncheon, sponsored by supervisory personnel, will be held after the ceremony, and a tour of depot areas will be arranged for guests desiring to see the plant in operation.

Employees of Naval Supply Depot who will receive service plaques:

Twyman Brammer, Fred Owens, Thomas Rees, Daniel McCarthy, Louis Hamlin, Ralph Bell, Charles Jacobs Jr., Clarence Campbell, Lyle Young, Oscar Olson, Mathew Cvitanik, Alta Boston, Lawrence Reese.

Viola Thomas, Webb Hardy, Cora Mayo, John Burrell, Archie King, Jennie Mestrovich, John Bishop, Generoso Jardoza, Margaret Mason, Jessie Pedler, Marian Adams, Muriel Wheelwright, James Youngblood. Chairman of the program committee is Fred Shaw of Torrance.

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